

# SESSION STRUCTURE

## PART C: REDUCING FRUSTRATIONS

### ☐ Check In

#### Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

#### Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

### ☐ Review

#### Goals

- Ensure assignment was completed
- Check for learning retention

#### Activities

- Review lessons from Part B of the workbook
- Review what the caregiver learned when using the two coping techniques

### ☐ Intervention

#### Goals

- Learn new coping mechanisms

#### Activities

- Learn the three techniques of reducing frustration (strengths, past successes, and brain science)

### ☐ Assignment

#### Goals

- Apply the new frustration reduction mechanisms

#### Activity

- Give assignment to apply the three techniques of reducing frustration and keep track of how well it worked

**DURATION**  
**25 MINUTES**

**Check-in: 4 Minutes**

**Review: 5 Minutes**

**Intervention: 15 Minutes**

**Assignment: 1 Minute**